

Southwestern Pork Salad

Makes: 4 Servings

Do you have canned pork on hand? Here is one way to use it. Low-sodium canned kidney beans and tomatoes plus other ingredients help make use of this handy shelf stable food item.

Ingredients

nonstick cooking spray
1/2 cup onion (chopped)
12 ounces pork (drained, about 1/2 of a 24-ounce can)
1 tablespoon chili powder
2 teaspoons dried oregano (if you like)
1/2 teaspoon ground cumin (if you like)
1 cup low-sodium canned kidney beans
1 cup low-sodium canned tomatoes (drained)
2 cups lettuce (chopped)
1/2 cup reduced-fat cheddar cheese (shredded)

Directions

1. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
2. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too. Mix and cook for 1 minute.
3. Arrange lettuce onto a serving plate or in individual bowls. Top lettuce with pork mixture and sprinkle with cheese.

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	14 g	
Protein	27 g	
Carbohydrates	17 g	
Dietary Fiber	6 g	
Saturated Fat	7 g	
Sodium	320 mg	